

Step Up to Nutrition & Health

National Nutrition Month® 2006 Nutrition Quiz

Questions:

1. Whole grains are an important part of a healthy diet. The three parts of a grain kernel are:
 - a. exoskeleton, endoskeleton, bran
 - b. germ, bulgur, enricher
 - c. bran, endosperm, germ
 - d. bran, bulgur, bean
2. True or False: The "meat and beans" food group includes only beef and lima beans.
3. When selecting from the fruit group,
 - a. only fresh fruits can be considered.
 - b. fresh, canned, frozen, dried and 100% fruit juice count.
 - c. frozen fruits should not be eaten more than twice a month.
 - d. don't be concerned about washing fresh fruit unless it looks dirty.
4. A one-ounce serving of grain is approximately
 - a. one slice of bread
 - b. one cup of cereal
 - c. one-half cup cooked rice
 - d. all of the above
5. Children and teenagers should be physically active for how many minutes most days?
 - a. 10
 - b. 20
 - c. 40
 - d. 60
6. Which of the following is equivalent to a one-half cup serving of cooked vegetables?
 - a. 1 medium-sized tomato
 - b. 6 asparagus spears
 - c. 7 or 8 baby carrots
 - d. 1 cup of raw leafy vegetables
 - e. All of the above
7. If you eat 100 more calories a day than you burn,
 - a. you will become stronger and healthier.
 - b. you will be able to ride a bicycle faster.
 - c. you will gain about one pound in a month
 - d. nothing will change as long as you take vitamins.
8. For a healthier you, keep these low.
 - a. saturated fats, trans fats, cholesterol, sodium and added sugars
 - b. potassium, fiber, calcium and iron
 - c. Vitamin A, Vitamin C, dark vegetables and fruit
 - d. calcium, orange vegetables, fruit, iron
9. Which one of these is not another name for sugar?
 - a. sucrose
 - b. sodium
 - c. glucose
 - d. maple syrup
10. True or False: To follow a healthful eating pattern moderate in fat, every single food must be low in fat.
11. True or False: Snacking may keep you from becoming ravenously hungry and overeating at mealtime.
12. True or False: The calcium content of low-fat dairy products is equivalent to that of full-fat dairy foods.

National Nutrition Month® 2006 Nutrition Quiz: Answers

1. The answer is c. When a product contains whole grains, such as oats, whole wheat, and rye, the entire grain kernel (bran, endosperm, germ) is used. Consuming at least 3 or more ounce-equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance.
2. The answer is false. This group offers a variety of foods. Make most of your meat and poultry choices lean or low-fat. Include beans often for protein, fiber, vitamins and minerals. Fish, nuts and seeds contain healthy oils, so choose these frequently instead of meat or poultry.
3. The answer is b. Mix up your choices within each food group. Choose fresh fruits in season as well as canned, frozen and dried. You need at least 2 cups of fruit each day. And, always wash fresh fruit, even if you're going to peel it.
4. The answer is d. All of these portions constitute a serving of grain. Choose whole-grain varieties of bread, cereal, rice and pasta most often. Make half your grains whole. Replace some refined grain foods with whole grain choices to make sure you get at least 3 servings a day.
5. The answer is d. Children and teenagers should be physically active for 60 minutes every day, or most every day. To reduce the risk of chronic disease, it is recommended that adults be physically active for at least 30 minutes on most days of the week.
6. The answer is e. Vegetables, like fruits, are naturally low in fat and provide many essential nutrients and other food components important for health. Vary your veggies with at least 2½ cups each day, and eat more dark green and orange vegetables.
7. The answer is c. Balancing food intake with physical activity helps you control body weight, and is important for overall health and fitness. Get the most nutrition out of your calories by choosing foods that are packed with vitamins, minerals, fiber and other nutrients but are lower in calories.
8. The answer is a. Foods lower in saturated fat, trans fat and cholesterol help reduce the risk of heart disease, and eating less sodium in your diet may reduce the risk of high blood pressure. Sugars contribute calories with few, if any nutrients.
9. The answer is b. Sodium is another word for salt. The other three are words used on labels to indicate the presence of sugar. Look for foods and beverages low in added sugars.
10. False. Keeping total fat intake within 20% to 35% of calories doesn't mean every single food must be low in fat. You can balance high-fat and low-fat selections over the course of one or two days and still end up with a healthful eating pattern. Look for foods low in saturated fats, trans fats and cholesterol. Most of the fats you eat should be polyunsaturated and monounsaturated fats.
11. True. Healthful snacking - with both carbohydrate and protein (and a little bit of fat, if any) - can help the body stay fueled so that you will be less inclined to overeat at your next meal. Plan snacks with small portions in mind, such as crackers and low fat cheese or yogurt and fruit.
12. True. Get 3 servings a day of low-fat or fat-free varieties of milk, cheese, and yogurt to control your fat intake without losing out on calcium. If you can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.